



Let's Talk About Suicide Support Services



County Laois

Addiction services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous – National	01 842 0700	www.alcoholicsanonymous.ie
Alcoholics Anonymous – Leinster	01 852 7000	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
HSE Drugs & Alcohol Helpline	1800 459 459	www.drugs.ie
HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment) Service	087 4518358 Email: CADS.adapt@hse.ie	www.hse.ie
HSE CADS (Community Drug & Alcohol Service)	044 93 95200 / 057 93 15801	www.hse.ie
Merchants Quay (Drug & Alcohol Prevention & Treatment Support Service)	086 7934920 Email: dats@mqi.ie	www.mqi.ie
Narcotics Anonymous	01 672 8000	www.na-ireland.org
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110	www.barnardos.ie
Cuisle Cancer Bereavement Service (Laois)	057 86 81492	www.cuislecancersupport.com
Dochas Cancer Care Centre (Offaly)	057 93 28268	www.dochasoffaly.com
HUGG Suicide Bereavement Self Help Group	01-513 4048	www.hugg.ie / support@hugg.ie
Irish Hospice Foundation (Bereavement Support)	1800 807 077	www.hospicefoundation.ie
Pieta Suicide Bereavement Liaison Service	086 418 0088	www.pieta.ie
Irish Hospice Foundation (Bereavement Support)	1800 807 077	www.hospicefoundation.ie
Rainbows Child Bereavement Support	01 473 4175	www.rainbowsireland.ie
Counselling Services	Telephone	Website
Accessible Counselling Tullamore	057 93 52879	www.accessiblecounselling.ie
BeLonG To LGBT+ Youth Counselling Service	01 670 6223/ 085 856 9312	www.belongto.org
Cari (Child Sexual Abuse Counselling)	1890 924 567	www.cari.ie
Connect (National Adult Counselling Service)	1800 477 477	www.connectcounselling.ie
Counselling for Former Residents of Mother and Baby Homes	1800 234 110	www.hse.ie
HSE Counselling in Primary Care	057 93 70605	www.hse.ie
HSE Adult Counselling Service (For Adults who experienced Childhood Abuse)	057 93 27141 /1800 234113	www.hse.ie
NURTURE (Pregnancy, birth + post-natal support)	085 861 9585	www.nurturehealth.ie
Pieta Centre Athlone Centre: National Helpline:	090 64 24111 / 1800 247 247	www.pieta.ie
PCI Counselling Service Midlands (reduced cost)	0818 555 450	www.pcicollege.ie/counselling-service/lowcostcounselling





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Primary Care Psychology Service (HSE) (Adults and Children)	057 9319556 / 057 8692564	www.hse.ie
My Mind Turn2Me	0818 500 800	www.mymind.org www.turn2me.ie
Midlands Crisis Pregnancy Counselling Service	1800 200 857/057 9370605	www.hse.ie
Travelling Community Counselling Service	01 868 5761/086 308 1476	www.travellercounselling.ie
24/7 Free Text Support Service	Text HELLO to 50808	www.textaboutit.ie
Children / Young People And Family Services	Telephone	Website
BeLonG To (LGBT)	01-670 6223	www.belongto.org
Childline (Free/confidential)	1800 666 666	www.childline.ie
Foroige: Regional Youth Officers:	086 299 7677 (Laois) 086 2043 599 (Offaly)	www.foroige.ie
Family Resource Centres: Clara, Co. Offaly: Tullamore, Co. Offaly: Mountmellick, Co. Laois: Portlaoise, Co. Laois:	057 93 31928 057 93 20598 057 86 24601 057 86 86151	www.familyresource.ie
HSE Primary Care Psychology Service – Laois/Offaly	057 93 19556/ 057 86 92564	www.hse.ie
Mountmellick Youth & Family Resource Centre:	057 86 24601/ 087 644 4963	
Jigsaw Offaly/Laois:	057 93 52871	www.jigsaw.ie
Parent Line	01 8733500	www.parentline.ie
Tusla – Child and Family Support Services: Tullamore – Offaly Portlaoise – Laois	057 93 19280 057 86 92567 / 92568	www.tusla.ie
Tusla, Social Work Departments:	057 93 19599 (Offaly) 057 86 92567 (Laois)	www.tusla.ie
Teen Between: Support for teenagers with separated or divorced parents	1800 303191	teenbetween@mracs.ie
St. Mary's Youth & Community Centre, Tullamore:	057 93 22963	
Spunout – Youth Information Website		www.spunout.ie
Youth Work Ireland Tullamore	086 795 5357	www.youthworkireland.ie
Youth Work Ireland Laois	057 86 65010	
Mental Health Services	Telephone	Website
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
GROW (Support Groups for adults)	08180 474 474/ 057 93 51124	www.grow.ie





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HSE – Primary Care Centres:	057 93 19599 (Offaly) 057 86 21135	www.hse.ie
HSE Mental Health Services: Psychiatry Dept., MRH Portlaoise	057 86 96396	
HSE – Adult Community MH Centres:	057 93 15900 (Tullamore) 057 91 20576 (Birr) 057 86 22925 (Portlaoise)	www.hse.ie
HSE – Child & Adolescent MH Service:	057 93 19400 (Offaly) 057 86 96152 (Laois)	www.hse.ie
HSE CADS (Community Drug & Alcohol Service)	057 93 15801 (Offaly) 057 86 92516 (Laois)	www.hse.ie
HSE – Young Adult Mental Health Service:	057 86 96916	www.hse.ie
HSE – Resource Officer for Suicide Prevention:	086 8157 850	www.nosp.ie
HSE – Midland Regional Hospitals:	057 93 21501 (Tullamore) 057 86 21364 (Portlaoise)	
Jigsaw Laois / Offaly	057 93 52871	www.jigsaw.ie
Mental Health Ireland – National Office Area Development Officer	01 284 1166 096 835 3387	www.mentalhealthireland.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
Pieta – Midlands Helpline: Therapy Enquiries:	090 642 4111 1800 247 247 0818 111 126	www.pieta.ie
Shine – Info Line Area Development Officer:	01 5860 1610 / 086 040 7701	www.shine.ie
Crisis Support and Information Helplines	Telephone	Website
Active Retirement Ireland	01 873 3836	www.activeirl.ie
ALONE - Helpline:	0818 222 024	www.alone.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Al Anon / Alateen	01 873 2699	https://al-anon.org/
Citizens Information	0818 07 4000	www.citizensinformation.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
Childline	1800 666 666	www.childline.ie
Family Carers Ireland:	057 93 70225 Regional Office 1800 240724	www.familycarersireland.ie
FLAC (free legal advice)	01 906 1010	www.flac.ie
Focus Ireland (support for homeless people)	01 881 5900	www.focusireland.ie
Gamblers Anonymous	01 872 1138	www.gamblersanonymous.ie/
HSE Drug & Alcohol Helpline	1800 459 459	www.hse.ie
HSE HIV and Sexual Health Helpline	1800 700 700	www.hivireland.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie





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LGBT National Helpline	1800 929 539	www.lgbt.it
Male Advice Line	1800 816 588	www.mensnetwork.ie
MABS Helpline	0818 072 000	www.mabs.ie
Men's Aid	01 554 3811	www.mensaid.ie
Mens Sheds	01 891 6150	www.menssheds.ie
MiDoc (Midlands Out of hours Doctor service)	1800 302 702	
MOVE (Men Overcoming Violence)	085 874 8108	www.moveireland.ie/
My Options (Unplanned pregnancy support)	1800 828 010	www.hse.ie
Parentline	1890 927 277	www.parentline.ie
Post Natal Depression Ireland	021 492 3162	www.pnd.ie
Rape Crisis & Sexual Abuse Centre (Regional)	1800 32 3232	https://www.rcni.ie/
Women's Aid National Helpline	Text: 087 959 7980 / 1800 341 900	www.womensaid.ie
Samaritans Ireland (Freephone)	116 123	www.samaritans.org
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
YourMentalHealth.ie 24 hr Information Line	1800 111 888	www.yourmentalhealth.ie

